

## Red-Cooked Beef Tendon Noodle Soup Recipe

### Ingredients:

1.3 pounds beef tendon  
1 portion home-style wide noodles  
1 tablespoon chopped scallions

### Seasonings:

2 scallions  
1 small piece ginger  
4 cloves garlic, peeled and lightly crushed  
2 tablespoons Chinese cooking wine  
8 star anise  
10 cardamom  
15 cups water  
1/2 cup soy sauce  
1 teaspoon salt  
1 teaspoon sugar

### Method:

Blanch whole beef tendon in boiling water, rinse out the scum and remove. Heat 2 tablespoons of cooking oil to stir-fry scallions, ginger and garlic until fragrant. Add seasoning ingredients and heat until boiling. Place beef tendon and cook in pressure cooker for 40 minutes, remove and cut into small bite-size pieces. Use a sieve to remove the spices from the soup and discard. Then return beef tendon to the soup and continue cooking for another 20 minutes longer until done completely. Bring a pot of water to a boil to cook the noodles. Drain cooked noodles and put in individual soup bowl. Pour beef soup and beef tendon on the noodles and garnish with chopped scallions. Serve immediately.

### Tips:

Beef tendon is very tough before cooking, use a pressure cooker to save time.  
Because beef tendon falls apart easily after cooking, cut into pieces instead of slices.